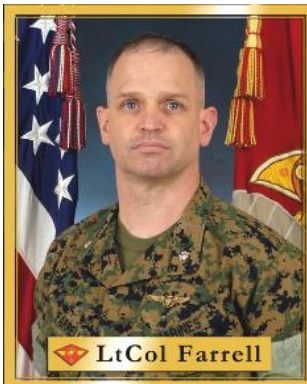
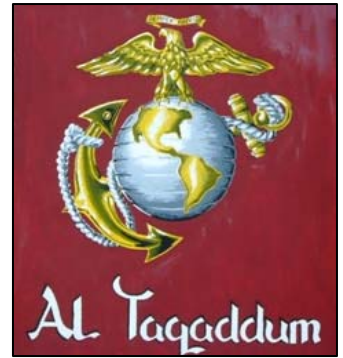




# Tiger Tales

**The Official Newsletter of HMM-262**  
***The Flying Tigers***  
**March 2007**



## **A Message from the Commanding Officer:**

Dear Flying Tiger Family Members, Greetings from Camp Al Taqaddum, Iraq. Two months down and five to go! Wow, the time has passed here very quickly. At least it seems that way from here. I realize our families on Okinawa and in the States may not see things the same way. Hang in there you are doing great! Before you know it, we'll be planning our re-deployment. The weather has begun to turn warm here. We are now seeing temps in the low 80 degree range, but we are still enjoying cooler temps at night with lows in the high 50 degree range...very comfortable compared to what lies ahead.

Your Tigers have done great things here so far and will continue to do so. We continue to rack up the flight time. By the time it's over, we will have flown over 1100 flight hours during the month of March. To put this achievement in perspective, we typically fly about 250 hours per month during normal peacetime operations. The Tiger's flight hour Hogs for March are Maj Paul "Spanky" Spangenberg 109.4 hours, Cpl

Brandon Roadarmel 103.0 hours and Cpl Cody Bryant 85.6 hours.

Our missions have not changed we continue to support the Multinational Forces West (MNF-W) by flying general support sorties throughout western Iraq. Our Maintenance Marines have done an admirable job staying ahead of the work load and providing safe aircraft to fly. Your Marines have performed superbly in all respects. I am honored and humbled to be among them.

My hat's off to Corporal Zona, Corporal Jacobsen and Corporal Penrod for assisting in finding and delivering parts that were required to fix a broke CH-53D earlier this month. Great work Tigers!

As you should all know by now, our KVC, Sheila Williams, passed the reins over to Lana Marsh and Demetris Thornton while she is recovering from back surgery. Sheila has done a fantastic job for the Tigers and we wish her well and a speedy recovery.

Congratulations, Gunnery Sergeant Promenchenkel on your promotion. You are living proof that perseverance and a positive attitude will lead to success. Well Done!

A special thanks to the Old Tigers of the HMM-262 Vietnam Veterans Association. We greatly appreciate all the support you have provided. Your efforts continue to make a great difference to our Marines. Semper Fi. Sincerely,  
**LtCol Mike Farrell**  
**Commanding Officer**

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## Executive Officer:

### Only Marines...

My fancy pilot watch reports The Flying Tigers have been in Iraq 58 days, 10 hours, 35 minutes, and 16-17-18-19 seconds... This has been enough time for our Marines to hone their sense of humor. There is no fear that our Marines take themselves too seriously. Winston Churchill once said, "A man with a sense humor in peace will be the man with courage in war". What can be said about those with humor in war? A walk around "The Rock" clearly reveals our Marines' personalities.

At the entrance of most US military bases there is usually a sign that proudly reports the number of days since the last alcohol related incident on that base. As you walk in our front gate and past the armory you will see where someone constructed a large sign that proudly declares the Flying Tigers have gone 98 days since our last DUI. I predict continued success and discipline since few Marines can actually drive on this base and the only alcohol here is found in cough syrup, aftershave, and mouthwash.

By now, I am sure many of you have seen pictures of Al Taqaddum, Iraq. In these pictures it should be clear that nothing grows in this desert. Mysteriously, a small patch of grass has germinated near the entrance to Maintenance Control. Over the past couple months, our Marines have meticulously watered and trimmed this 2 square foot patch of grass. Recently, a 3 square foot sign was placed in the middle of the green patch warning everyone to KEEP OFF THE GRASS. Tragically, I fear the shadow cast by the sign is killing the grass...

Now in the Ready Room, for all to see, there is a dry erase board filled with snipes against all the recent pilot bloopers broadcasted over the radio.

Recently, I was in Kuwait for a few days and I emailed back to "The Rock" inquiring if anyone needed anything from the huge Army Exchange on base. One of the Marines asked for a pack of Chicklets Gum. This Marine just had his artificial front tooth fall out... With a Chicklet he could fill the gap, and he hoped licking the temporary denture would improve his breath...



**Caught red handed!**

Sometimes Marines go to great extremes for humor. How about moving over 2000 pounds of sand by hand for a practical joke. As the Squadron's Security Manager, I should not have been surprised when I came to work one night to find my entire desk completely encased in a bunker of sandbags. Someone spent a tremendous effort to fill, transport, and stack all these sandbags. My new bunker offered the ultimate SCUD protection as well as internet and dsn phone access. The architect of the bunker is still at-large but witnesses state he looked very similar to Louis Gossett Jr...

My favorite example of Marine humor came from an interview conducted by a new Officer-in-Charge. The well intentioned Captain was trying to learn

more about his newly assigned Marines. He asked his Marines a series of questions inquiring into their upbringing, their career goals, and their families. During one of the interviews, the Captain asked a Marine "where do you call home," the young Marine looked at the Captain and said, "The AT&T Telephone Center"

Long Live the Marines!

**LtCol Damien Marsh**  
**Executive Officer**



## Sergeant Major:

Not much has changed with the squadron since my last newsletter. I am sure you are all aware as we are that two months has elapsed since our departure. It is hard to believe how fast time is passing. Before long everyone will begin the preparations for our return.

The Marines, Sailors and civilian (Mr. Sirek), level of motivation has remained consistently high as our work load has increased. Everyone has done a superb job maintaining not only the aircraft, but the status quo as well. Marines and Sailors are experiencing for the first time, what it means to balance a 12-14 hour workday, eat, sleep, PT, and find some "me time." Now that the squadron has "wireless" internet connectivity in the "CANS" (kudos S-6!), the "me" time is a little less challenging to find.

While I am on the band wagon of offering kudos, I must give a huge Ooh-Rah, to our many supporters (Old Tigers, spouses, schools, organizations, etc.), that have inundated us with many care

packages. If I were remiss in mentioning your name or business, please know that we appreciate the support we are receiving from everyone around the world.

The weather here is noticeably beginning to change as the days and nights are getting warmer. We will soon need suntan oil for our days on the beach in our lounge chairs (just kidding). As the days heat up so will the frequency of the much talked about dust storms, but not to worry, we are prepared and will not lose sight of our mission.

**.Semper Fidelis,  
Sergeant Major Thornton**  
*"One team, one fight"*

## Administration S-1:

The Squadron is now 10 weeks into our 28 week deployment and time is flying by. The S-1 Department has been hard at work ensuring that the administrative requirements of the Squadron are met. From mail to travel orders, the S-1 department is ready for the task, whatever it may be.

Recently, 1stLt Brian Olmstead was transferred from the S-1 Department to the Adjutant's Desk, the most sought after position in the Squadron... I appreciated his service while he was a member of the S-1. Good luck to 1stLt Olmstead in his new job.

Morale is high amongst the Marines of the HMM-262 S-1 Department. While one day here looks a lot like the day before, the Marines of the S-1 still find ways to pass the time. SSgt Hjorten is broadening the horizons of the young Marines in his charge by having them educate themselves on administrative procedures including promotions, pay, and casualty procedures.

In their down time they occupy themselves by reading magazines, watching movies and TV shows downloaded from the Al Taqaddum media share drive, and working out at the gym. When asked what he thought

of working in Iraq, SSgt Hjorten said "it beats being on the boat."

Time is flying by and the Marines of the Flying Tigers, like Marines in days of old, are forward deployed doing their part for their country. As their department head I am proud of each and every one of my Marines as they demonstrate their honor, courage, and commitment.

**.Semper Fidelis,  
Capt Ben Taggart**

## Promotions:

**GySgt Promenchenkel  
Cpl Lesnefsky  
LCpl Atwell  
LCpl Waybourn  
PFC Shrader**

## Awards:

### Certificates of Commendation

**awarded to:** Cpl Lasker, Cpl Flornoy, Cpl Chandler, Lcpl Baldodacumos, and Lcpl Christioano

### Meritorious Masts awarded to:

Cpl Burgess, Cpl Barber, Cpl Hernandez, Cpl Lasker, Lcpl Healy

## Tiger Cubs:

A warm welcome to newest "little" members of the "Flying Tiger" Family:

**Cabe Nicholas Brown**

Born 12 March

**Venessa Anabella Abreu**

Born 23 March



**Mail Call!!!!**

## Intel S-2 & Communications S-6:

As I write this update, I'm back on the day schedule, at least for a few more days. Today is maintenance day, so we're doing paperwork (like writing a newsletter) and having lots of meetings which is sort of a nice break from the routine of flying all the time.

Sometimes it's hard to summarize a month in a couple paragraphs, but at the same time we do just about the same thing every day so that should make it easy.

I guess the crowning accomplishment this month was getting the satellite internet working (although not perfectly) in the cans. Cpl Carr and LCpl Lesnefsky had a heck of a time finding the right pointing angle out in space but with the help of several Marines in the squadron, our civilian maintenance augments, and a few Army neighbors who have the same internet, we were able to get a signal and start the service. Some of you might have been lucky enough to instant message your family members out here or even video chat while they were in their "can." We call the rooms we live in "cans" because they're big metal containers, but a lot nicer than the Quonset huts my dad used to live in. We have a bit more work to do to make the system better, but within a few weeks we'll have optimal service and hopefully you'll be able to use Skype, Yahoo, or AOL IM to talk to your loved ones on their few hours off.

The S-2 continues to press on with 24hr ops to keep up with the flight schedule and hassle the pilots for debrief information after a mission. They're doing a great job, and SSgt Whited is really molding them into stellar Marines. Cpls Neil and Dickison and LCpl Long are learning to stand up in a room full of pilots and crew chiefs and give them the most up-to-date intelligence on the enemy threat and friendly situation possible. I've always heard the first 100 briefs are the

hardest, so in a couple months all three of them should have a pretty easy time giving the briefs.

We sure appreciate all the care packages and letters you've sent, they definitely boost morale. We hope this letter finds you well, and look forward to the next update.

**Semper Fi.**

**Capt Adam Johns**

### **Operations S-3:**

As you all can expect, the last month has been extremely busy for the Flying Tigers Operations department living up to the motto "Ops Never Stops." The squadron has flown four times the average flight hours and sorties we typically fly at home.

In spite of the break neck pace, we managed to make time to contribute to the celebration of a few birthdays this month:

**\*\*Sgt Hill's oldest daughter, Alivia turned 3 on the 21st. Maj Dimicco, Sgt Hill, and PFC Bergholz helped her celebrate by taking time out of their lunch to sing a beautiful rendition of "Happy Birthday" to her over the phone.**

**\*\*Capt Fimiani's wife, Taryn, celebrated her birthday on the 30th and he "managed" to pull himself away from his busy schedule to call her and wish her a happy day.**

**\*\*Capt Savage celebrated his 33rd birthday on the 27th, in denial about his old age he's trying to fly more than any pilot in history.**

Ops Clerk LCpl Pulliam, AKA Al Green, showed much promise in filling the billet of "Bruce Lee of HMM-262" with the Marine Corps Martial Arts Program (MCMAP). LCpl Pulliam is not only in the process of getting his grey belt, but attending classes for his next two belts, green and brown. Operations also recruited a new schedule writer/ops officer to the shop.... Drum roll please... Welcoming 1stLt Topher

Koreis to the Ops shop as our newest schedule writer. He is doing a great job and we are fortunate to have him on board!

In conjunction with the astronomical amount of tasking, we have managed to complete a bit of training. During the past month Majors Sweginnis and Spangenberg were refreshed as section leaders, Capt Horton was designated a Functional Check Pilot while 1stLt's Koreis and Olmstead, SSgt Lucas, and Cpl Wells were designated Night Systems Qualified.

Like all Marines in the squadron, we here in Ops miss you very much and appreciate the sacrifices you are making in support of our mission. Please know you're with us every minute of every day and because of your support, we are able to make a difference in the future of America and Iraq.

**Maj Darren Brown, AOPSO**

### **Logistics S-4:**

We're well on our way into our second month in Iraq, and the biggest news I can offer is that not much is changing. Operations has reached a steady rhythm and our daily routine in the S-4 has become exactly that. LCpl King and LCpl Harris are doing an outstanding job maintaining our squadron armory, while GySgt Lara, Cpl Kralecek, and LCpl Atwell are diligently taking care of the little things that make the squadron run. Thanks to these hardworking men, the squadron spaces are being upgraded and reinforced, vehicles are being maintained, aircrews are being fed (even when they miss meals), and the hazardous cargo known as laundry is being taken away and returned as serviceable clothing. Capt Sewell had to go on Emergency Leave due to a death in his family this month. We would like to express our condolences to him and his Family.



**Lance Corporal Atwell**

LCpl Atwell, who just last month was PFC Atwell, added a set of crossed rifles under his chevrons in a surprise formation when he was Combat Meritoriously promoted. Unfortunately, the phones were down at the time so he couldn't even call home to brag. Shortly after this, the S-4 was shocked by the news that we were losing 1stLt Koreis to the S-3. Good luck, buddy. You'll need it. But the shock was eased by the news that we were gaining Capt Tyson and his file cabinet of hats and patches known as the S-5. From now on you can get your air conditioner fixed and buy a drink coozie all from the same place.  
**Capt Sewell USMC**

### **DoSS (Safety):**

Greetings from the World Famous Flying Tigers Department of Safety and Standardization, (DOSS). Your Flying Tigers have been working hard 24 hours a day, 7 days a week here at the Rock for about 2 month now. Although the Flying Tigers are fixing and flying aircraft at a tempo that far outpaces what most are used to, they are doing it safely and efficiently. Dedicated to preserving human and material assets, the 4-man DOSS team has been employing time-tested programs designed to prevent injury and damage on an off duty. These programs are working. Each of the 4 Marines in the DOSS shop is also a pilot and has managed to balance his weighty ground responsibilities with an aggressive combat flight schedule that has yielded an average of 60 to 90 hours of flight time per month for each pilot and aircrewman. To sustain this pace for the duration of the deployment

and stave off the ill effect of cumulative fatigue, a maximum 14 hour work day and 8 hours of rest every 24 hours has been mandated.

Between daily flights as an up and coming co-pilot, Ground Safety Officer, (GSO) **1stLt Jon "Pookie" Spencer** combined forces with the Al Taqaddum Fire Department to conduct a workspace safety inspection focused on ensuring electrical wiring, fire prevention and fire fighting equipment were up all to code. Following the inspection, all flight line fire bottles were topped off, and additional portable fire extinguishers and smoke detectors were strategically positioned throughout the workspaces. Thanks to 1stLt Spencer, several signs are now posted throughout the Rock illustrating the proper use of fire extinguishers, and numerous portable eyewash stations have been installed along the flight line. During the short time the eye wash stations have been available, they have been used to successfully flush out fiberglass and sawdust, as well as blowing dust and sand from the occasional sand storms Iraq is famous for.



**Spencer's Kitty- safety hazard?**

Like his fellow Flying Tiger pilots, NATOPS Officer **Capt Bill "Drag" Morrow** has also been on his share of combat missions, balancing his flying duties with his ground duties, trying to make up for lost time in Pensacola. In his spare time this past month, Capt Morrow developed and administered monthly emergency procedures quizzes to keep pilots' minds poised for the unexpected. Capt Morrow has also been tracking flight time to ensure that

pilots and aircrew who approach the recommended monthly maximum of 100 hours are evaluated by the flight surgeon before being approved by the Commanding Officer to continue flying.

As one of the Squadron's more experienced pilots, Aviation Safety Officer, (ASO) **Capt Alex "Kush" Kushnir** is called upon almost daily to lead missions into Baghdad, Ramadi and other surrounding areas. Capt Kushnir continues to balance planning, briefing and leading combat flights with his "ground job" which is promoting aviation safety throughout the squadron. In the limited time Capt Kushnir spent on the ground this past month, he developed an internal hazard reporting form to help identify and eliminate aviation hazards and investigated numerous hazards in hopes of preventing needless loss of personnel or equipment.

With such fine Marines, Sailors and civilians in my presence on a daily basis, it continues to be my honor and pleasure to serve as the Director of Safety and Standardization for the World Famous Flying Tigers.

As I have said before, and I will say again, rest assured that the Flying Tigers are in the good hands of trained professionals dedicated to safe and effective mission accomplishment.

**"Preserve human and material resources by mitigating and eliminating hazards that cause mishaps."**

**Major Bob "Wedge" Sweginnis**

## **Maintenance:**

Hello to all the loved ones of the Flying Tigers. We have completed our second month in country and are a little closer to returning to Okinawa. The opportunity we are being given, to forward deploy and defend the freedoms that we enjoy back home, is exactly why all of our Marines joined the Corps and each of them is making the most of this exciting opportunity.

The Maintenance Department continues to perform at a level of excellence that I have not seen during my 24 years of service. In February we started supporting daily flight operations and continued to unpack and settle into our maintenance spaces. From the Airframe's entranceway (art work by LCpl Thomason) to the .50 caliber casing sun shade on Flightline's porch the place began to look like a place we could call home, all thanks to the tremendous all-hands effort. By the middle of March we had definitely settled into a steady routine and you can see from the pictures that we began to personalize our individual work spaces.

Our primary mission out here is to support flight operations by making available safe, mission ready aircraft. While the CH-46 helicopter, with it's 40 plus years of service, has been modified to meet the demanding technological standards required to operate in this theater, it still requires a significant amount of time, energy and good old Marine know-how in order to make the daily mission demands. This difficult task continually pushes our Marines to their limits both mentally and physically, but they are responding as the true professionals and you should be proud of their efforts to date.

To accomplish our mission, the Maintenance Department is organizationally broken down into 11 separate workcenters:

The **Flight Equipment** workcenter, led by 1stLt Burbach and SSgt Vasquez, ensures that all the aircraft and aircrew safety and survival equipment will be available and operational for each and every mission we fly. Our talented, hard-working flight equipment shop maintains hundreds of pieces of equipment, from our helmets to our emergency flares, all of which are essential to mission accomplishment.

The **Maintenance Administration** workcenter, led by CWO2 Young and GySgt Dutcher, maintains over 36 aircraft log books that are used to track more than 40 individual aircraft items, ensuring that the aircraft we are flying are safely adhering to all required maintenance standards. Each of these items is monitored according to specific criteria such as: days, hours, years, or starts. Needless to say, this requires meticulous and exacting attention to detail.

The **Avionics** workcenter, led by WO Schwanke and MSgt Summerill, is responsible for troubleshooting, repairing or replacing all electronic components and equipment on the aircraft, pretty much if it has a wire or electricity flows through it an avionics Marine works on it. Obviously, the sandy environment that Iraq presents is not avionics-friendly and these workhorses of Avionics are earning their pay in a big way here at TQ.



**All about the Benjamins Baby!**

The **Ordnance** workcenter, led by WO Schwanke and SSgt Promenchenkel, is responsible for the aircraft offensive and defensive weapons systems. This includes availability, serviceability, and accountability of each individual weapon and weapon system as well as tracking the amount of ordnance expended during both training and operational missions. We are fortunate to have the hard-working crew of ordnance that we do since each of these systems is mission critical in this area of operations.

The **Airframes** workcenter, led by Capt McClendon and SSgt Dickerson, ensures that all aircraft structural and hydraulic systems are constantly maintained. Both of these critical areas demand constant evaluation to prevent contamination or structural degradation. The talented individuals of the airframes community are a primary reason the venerable, 40-year old Phrog can continue to be the backbone of Marine Corps Aviation.



**The Tire Shop is Open**

Under the banner of Airframes, the **Corrosion Control** workcenter, led by SSgt Hunt, performs the numerous required inspections necessary to treat and prevent corrosion from destroying our aircraft. Again, if you want an aircraft to last 40-plus years you had better be good at controlling the environment that wants to destroy your equipment. Our guys are simply some of the best at this.

The **Flightline** workcenter, led by Capt Horton and SSgt Jones, has two separate entities: enlisted aircrew and aircraft mechanics, although most all flightline Marines contribute to both communities. The CH-46 crewchief is the backbone of a well-trained Phrog crew. These guys prepare the aircraft for flight, execute the missions, and then ensure the aircraft get put back in their "stalls" in preparation for the next mission. Meanwhile, the straight-leg mechanics of Flightline are the "jacks of all trades." What do you need done? They will respond eagerly and get it done. Without this well-honed, youthful, and rambunctious group of "sweathogs" the Phrog community

would not be able to maintain the community camaraderie that it has enjoyed throughout its storied history.



**Oink Oink Baby!**

The **Phase** workcenter, under the guidance of Flightline and led by GySgt Yates, performs all the major inspections on the aircraft. These detailed and time-consuming examinations are an essential part to the overall mission. This august group is the unsung heroes of the Maintenance operation here in Iraq. With the unrelenting pace of operations, most of the heavy maintenance burden falls on the backs of this hand-picked group of Marines. This month they will have completed 5 full aircraft phases compared to the normal 1-2 performed per month in Okinawa.

The **Toolroom** workcenter, led by 1stLt Burbach and SSgt Ryan, is comprised of our Individual Material Readiness List (IMRL) section, the Support Equipment Section and the Consolidated Toolroom. The IMRL Marines are those individuals that supply all the special tools and equipment for each workcenter. The Support Equipment Marines are responsible for all self-propelled and powered equipment necessary to accomplish the maintenance mission. They also conduct and track all the training and licensing required in order to operate this equipment. Lastly, the consolidated toolroom Marines are responsible for a minute-by-minute inventory of tools, ensuring that lost or misplaced tools will not damage or destroy our aircraft. They also ensure

each piece of precision measuring equipment is calibrated.

The **Maintenance Control** workcenter, led by CWO2 Young and MSgt Castellano, are the brains and nerve-center that drives both the daily and long-term maintenance effort of the Squadron. These highly competent and dedicated groups of individuals organize all the Squadron maintenance by assigning tasks, ordering and tracking parts, and ensuring compliance of all inspections and technical directives.

The **Quality Assurance** workcenter, led by Capt Yanity and GySgt Servantez, is ultimately the safety center embedded into Maintenance. Their name is their description. Stacked with some of the most technical savvy personnel in the Maintenance Department, they are the final set of eyes that ensure all maintenance is done properly, in accordance with all maintenance instructions. Additionally, this group is responsible for maintaining the Central Technical Publication Library, supervising the incorporation of all Technical Directives, monitoring all maintenance programs, and coordinating all post-maintenance functional check flights.

These are the various workcenters that combine together to form the World Famous is the Flying Tiger Maintenance Family. We would like to recognize some of the important accomplishments that have occurred by Maintenance Marines:

New Collateral Duty Inspectors: SSgt McGuiness, Sgt Davis, Cpls Penrod, Barber, Lopez and LCpl Sparks. New Collateral Duty Quality Assurance Representatives: SSgt Jones

If March is any indication of things to come we anticipate setting a new and better standard for those that follow in our footsteps.

**Semper Fi**  
**MGySgt, Wayne Williams**

## Chaplain:

Well I just want to say how proud I am of you. I remember when we first heard that HMM 262 was deploying to IRAQ for seven months. Wow! That news nearly took the breath right out of you and now look at you. You are still standing and making the proper adjustments to get through this period of time in your military life. A military spouse definitely has the hardest job in the military.

This month's chaplain's article I would like to focus on the children in deployment. For as long as there have been deployments –children have had to learn to adjust to them the best they know how. I discovered the information listed below from an Army website and thought you might receive some additional knowledge that might assist you that have children during this IRAQ deployment. This information was from some research on children that went through an extended deployment.

**Infants (< 1 year)** must be held and actively nurtured in order thrive. If a primary caregiver becomes significantly depressed then the infant will be at risk for apathy, refusal to eat and even weight loss. Early intervention becomes critical to prevent undue harm or neglect. Pediatricians can perform serial exams to ensure growth continues as expected on height/weight charts. Lastly, the primary caregiver may also benefit from individual counseling.

**Toddlers (1-3 years)** will generally take their cue from the primary caregiver. One issue is whether it is the mother or father who is the Marine or Sailor leaving - especially when children are very young. If the "non-deploying" parent is coping well, they will tend to do well. The converse is also true. If the primary caregiver is not coping well, then toddlers may become sullen, tearful, throw tantrums or develop sleep disturbance. They will usually respond to increased attention,

hugs and holding hands. The "non-deploying" parent may also benefit from sharing their day-to-day experiences with other parents facing similar challenges. In particular, it is important for the primary caregiver to balance the demands for caring for children alone with their own needs for time for self.

**Preschoolers (3-6 years)** may regress in their skills (difficulty with potty training, "baby talk," thumb sucking, refusal to sleep alone) and seem more "clingy." They may be irritable, depressed, aggressive, prone to somatic complaints and have fears about parents or others leaving. Caregivers will need to reassure them with extra attention and physical closeness (hugs, holding hands). In addition, it is important to avoid changing family routines such as sleeping in their own bed, unless they are "very" scared. Answers to questions about the deployment should be brief, matter-of-fact and to the point. This will help to contain the free-floating anxiety of an overactive imagination.

**School age children (6-12 years)** may whine, complain, become aggressive or otherwise "act out" their feelings. They may focus on the Marine/Sailor-parent missing a key event, for example: "will you (the Marine/Sailor) be here for my birthday." Depressive symptoms may include: sleep disturbance, loss of interest in school, eating or even playing with their friends. They will need to talk about their feelings and will need more physical attention than usual. Expectations regarding school performance may need to be a little lower, but keeping routines as close to normal is best for them.

**Teenagers (13-18 years)** may be irritable, rebellious, fight or participate in other attention-getting behavior. They may show a lack of interest in school, peers and school activities. In addition, they are at greater risk for

promiscuity, alcohol and drug use. Although they may deny problems and worries, it is extremely important for caregivers to stay engaged and be available to talk out their concerns. At first, lowering academic expectations may be helpful; however, return to their usual school performance should be supported. Sports and social activities should be encouraged to give normal structure to their life. Likewise, additional responsibility in the family, commensurate with their emotional maturity, will make them feel important and needed.

Not all children are the same, nor can you label them all into these brackets. This article is to empower you not to discourage you. With that being said, please remember Chaplain Kimberly Cain and I here at MAG 36 Chaplain's office have made a commitment to walk along side of you and your family while your loved one is deployed. Yours, Because I am His.  
**Chaplain Scott Morton**

## Medical:

This month, the Medical Department gained a new Hospital Corpsman. Please welcome HM2 Lisa Dennison who comes to us as an Individual Augment from Branch Medical Clinic, Miramar, California. She has been a wonderful addition to our team of outstanding medical professionals.

The chow hall here at TQ is phenomenal. So phenomenal, in fact, that it's probably time to talk a bit about healthy eating. There is such a wide selection of food here ranging from biscuits and gravy with french toast and hot melted butter to prime rib carving stations, cheeseburgers, onion rings, and french fries, not to mention the pizza bar, ice cream and cookie bars. But there are healthier items, as well. Marines and Sailors have the option to make sandwiches or hit up the salad bar and there's always fresh fruit and vegetables over on the fitness bar. Most of us do not have the time to spend in the gym necessary to work off

all the extra calories we consume here in the chow hall. Let's talk about some healthier choices. After all, we do have to get on the scale here in a few months for a weigh-in.

Here are some tips to help you eat a healthier diet in TQ's World Famous chow hall:

- Try a baked potato instead of French fries. Load it with veggies or low-fat toppings.
- Fill up on side salads, veggies and fruit. Put a low-fat or fat-free dressing on the salad. Four tablespoons of regular dressing can add anywhere from 15-35g of fat.
- Pizza can be nutritious if you skip the meats and add vegetables instead.
- Try water, diet soda or low-fat milk instead of regular soda.
- Choose broiled or baked foods instead of fried foods.
- Choose fruit, non-fat, or low-fat frozen yogurt for desert.
- Beware of liquid calories from soda and many coffee drinks. Hold the whipped cream and have them make your coffee drinks with skim milk.



If you need to drop a few pounds or just want to maintain your current status, here are some physical fitness tips:

- To help manage body weight and prevent gradual, unhealthy bodyweight gain, engage in approximately 60 minutes of moderate to vigorous intensity activity on most days of the week.

-To sustain weight loss, participate in at least 60-90 minutes of daily moderate-intensity physical exercise. To be successful, you need to expend more calories than you consume.

-Achieve physical fitness by including cardiovascular conditioning, stretching exercises for flexibility and resistance exercises or calisthenics for muscle strength and endurance.

As always, if you have questions about your health and fitness we are here to help!

**Meg Moore, LT MC (FS) USN**

## Remain Behind Officer:

The month of March continued to keep our KVN/ RBO Family Readiness Team busy with planning, meetings, and baby new joins.

On 12 March 2007, Lance Corporal Brown and , gave birth. All is well with the family as they shared their joys with each other during a live video teleconference from the MAG 36 HQ building on 19 March.

The Key Volunteers hosted a Casualty Assistance Calls Officer (CACO) brief on 13 March from 0900-1000 at the Futenma Chapel. Our guest briefer was PSD-36 CO and former CACO, Maj Sanders. Many questions were answered and myths dispelled as Maj Sanders related the facts and personal experiences of the CACO process. You can receive these and other Power Point briefs via email, by contacting your KV for details. The morning concluded with a scheduled KV meeting as we welcomed our newest attending KV's: Teruyo Ormon and Sara Sladecsek. The KV's would also like to announce the change of duties for Lana March and Demetris Thornton who will be assuming the roles of Key Volunteer Coordinators. Our own Sheila Williams will be out for medical leave as of 15 March and we wish her a healthy recovery. In addition, Jan Riddle and Jennifer Promenchenckel have volunteered to join our Key

Volunteer Team and we welcome them both to the network.

As the Flying Tigers expect more babies, we would like to thank KV Alicia Morgan for spearheading our "Dinner Chain" for expecting moms. Her efforts and those of our gracious volunteers are much appreciated. If you would like to help, contact Alicia Morgan and she will be happy to get you involved.

The Spouse Education series will continue on March 27<sup>th</sup> from 1800-2030 at the Futenma Chapel as we welcome guest speaker, 1MAW G-2, Col. John Adams to discuss Al Qaeda, the Taliban, Osama Bin Laden, and the Insurgency. As always, childcare will be provided and we look forward to your attendance.

Our final event this month will be our HMM-262 Easter Egg Roll Family Day at the Futenma USO grounds on March 31<sup>st</sup> from 1500-1800. The KV's of HMM-262 and HMM-265 have been working tirelessly to provide a fun-filled joint squadron event. You can expect plenty of activities for children as two bouncy houses will be on hand, balloons, eggs and candy, prizes, and a visit from the Easter Bunny. Rain? We have a plan. The USO will be open for us to take the festivities inside.

**Capt Jason Barnes USMC**

## **HMM-262 Challenge Coin Trumps 3 Stars**

While in Washington, DC on a recent business trip, three "Old Tigers" gathered at an "adult beverage dispensing station" to raise a glass to all the HMM-262 Marines and Sailors, past and present:

- LtGen. Fred McCorkle (USMC ret.), former ACMC Aviation,
- Col. Ron Gatewood (USMC, ret.), one of the first to fly Phrog 153400 in combat
- Former Sgt. Jake Jacobs, Crew Chief and actual OTIP Liaison Officer

We remembered Cpl. Thomas Saba and all the fine Marines lost in Vietnam. Ron Gatewood had not yet received his HMM-262 Challenge Coin, so I presented him with one and in a flash, Fred McCorkle reached into his pocket and put his 3-star coin on the table. At first, I thought his three star coin would surely trump our Tiger Coins, but nope, the Tiger Coins had precedent and he graciously picked up the tab. Just as a reminder, both of these Marines, flew several of your A/C in combat in Vietnam. I know for a fact that Fred carries his Tiger coin in his wallet, so I think he just wanted to show how much he respects the Flying Tigers and simply "let us win" the challenge.

After dinner that evening, I recognized that former Marine/Sailor sitting alone in the hotel lounge. He motioned me to join him and we began to compare "war stories". In came two young Marines, a male and a female, whom I had met earlier. I asked the waiter to put their drinks on my tab. They immediately came over to say "Thank You" and we invited them to join us. It turns out that they had just returned from Iraq. When I mentioned HMM-262 at TQ, their eyes brightened up, because they had been present when the squadron arrived as they had met and know some of the actual TQ Flying Tigers. I pulled my Tiger Coin from my wallet, and put it on the table. They both immediately flashed their coins. What took me by surprise was, how fast they got those coins out, and that they had been attached to Mortuary Affairs, but we did not speak of that. All three of us, with coins on the table, looked at the "former Marine" / "ex-Navy" pilot who then said: "Oooops, looks like I buy" - and he did, for the rest of the evening, which is why I do not remember the names of these two young Lance Corporals.

Synopsis: Tiger Challenge Coins trump a Three Star General's Coin and definitely put that Sailor in his place.

**SEMPER FI - Jake**

**Jake Jacobs, Liaison Officer  
Old Tiger's Iraq Project**



The next day during our Military Contractor's meetings with Army, Navy, Air Force, Coast Guard, Marine Corps and civilian personnel, one of my competitors noticed the miniature Combat Air Crew Wings pinned to my lapel. He wanted to know where I had "earned" them. After learning that I was an Old Tiger Crew Chief from Vietnam, he told me that he is a former Marine Load Master on C-130s. But, after four years, when discharged, he went to college, joined the Navy and became a pilot, flying E2-B's during the Gulf Wars.